



“Then Jesus came to them and said, ‘All authority in heaven and on earth has been given to me. Therefore, go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age.’” Matthew 28:19-20

Shalom Counselling Centre has been in the position to impact the city of Red Deer and outlying communities in Central Alberta with the love of Jesus for the past two decades. The ministry that began as an office in a church has now outgrown the converted farmhouse that we currently occupy. When we consider increasing Shalom’s space to house the number of counsellors necessary to meet the growing needs of the community, we must also address the increased cost per month of doing so. The board of directors asks that you prayerfully consider what your part might be in assisting Shalom financially to make this growth possible.

God has richly blessed the work of Shalom. We look to Him to guide our steps and provide for us as we consider the future and where He would have us be while we continue to help people find hope, healing, and peace in life.

Ruby Stones, Executive Director

Shalom’s Annual General Meeting

Monday, April 26th, 2021 via Zoom

Send us an email address to info@shalomcounselling.com and we will send you a Zoom link to attend our Virtual AGM right from your home. We value those of you that can join us. Annual reports will be emailed to those signing up for a Zoom invite. Hope to see you there!



Testimonies:

These two testimonies are from two parents who have emailed me updates, insights, and are very invested in seeing their children heal from the hurts that have brought them into Shalom:

“I was going to call to make another appointment for my child (she is LOVING it) but I realized I don’t know how often you’d recommend she comes in. Can you please let me know? Also, I hope you don’t mind but I’d like your advice on a decision.

I’ve seen HUGE improvements since she’s begun to see you. I know her issues won’t be solved overnight but this is the first time I’ve truly believed (outside of a miracle) that there is a chance. Even her “gloating” after last week has been awesome. I know both look negative but she’s being real, and typical and I see it as awesome. Of course, I still parent it appropriately but I can see so much progress.

I trust you and have appreciated and agreed with everything I have heard you say. Because my ex silenced my voice, she really needs to hear God’s word from others that she respects. I appreciate every moment you invest in her. She’s not stupid and God’s word is a two-edged sword sharp enough to divide soul and spirit, she can be healed! Your combination of education and faith is exactly what she needs”.

“Thank you so much for getting to the root of the issue so quickly and helping her see her life through a healthy lens. I appreciate the changes in thought and attitude that I’m seeing and know that her seeing you was a very good choice! I know she is trying too (and constantly encourage her) but she really needed someone to show her the problem first. There is so much progress in two very difficult areas that I’m almost afraid to believe it. Pam referring you for her was a huge blessing and I’ve seen more growth in her recently than in all the previous years in therapy. Thank You!

Deb Veuger, Child & Adolescent Therapist/Marriage & Family Therapist.

A large part of Shalom’s ongoing ability to support individuals, couples and families in Central Alberta is due to the support of our community. Thank you to our volunteers, prayer partners, churches, businesses, and individuals. We couldn’t do it without you!

Counsellor's Corner

What is Your Relational Stance?

Do you ever feel you are not enough? Or others aren't enough? Relational stance is the view of you in relation to others. It is based on your self-esteem and boundaries. Healthy self-esteem is your view of yourself with both strengths and imperfections. It impacts how you interact with and approach others. Healthy boundaries are the balance of protection and availability that create connection and intimacy. The better your self-esteem and boundaries, the better you feel about yourself and the more available and connected you feel in life and relationships. If you see yourself as better than others you need to step down as an equal. If you see yourself as less than others you need to step up as an equal. Step out from behind walls of self-protection while maintaining boundaries of security that make it safe to be available and connected with others. Seeing yourself and others as equals allows you to engage "same as" which is the healthy and respectful view of self and others; feeling safe with and available to them. Terry Real in his book *The New Rules of Marriage* says, "You cannot love yourself or anyone else from either the one-up or the one-down position. True intimacy grows and flourishes from the healthy position of same-as, neither above nor below. It means to become a human among other humans, eyeball-to-eyeball, just as frail as the next person, and just as magnificent.

Pam Nyrose, Marriage and Family Therapist



Shalom's Spring Garden Bee

Saturday April 24th 10am to 2pm

- Come for as much time as you can to help us prepare our peace gardens for the spring.
- Due to Covid we can only have 10 volunteers so please contact Kathleen at 403.342.0339 for more details or to confirm your attendance.



Shalom Counselling Centre of Alberta is a non profit registered charity incorporated under the Alberta Societies Act, Charitable Organization #317905. Donations are used for the purpose of subsidizing counselling for Central Alberta families. Shalom hopes to raise \$375,000 using 7% of Shalom's overall budget for the cost of fundraising.

Shalom will, to the best of our ability, ensure that contributions are used in accordance with donor's intentions. However, gifts received designated to particular projects or programs are received only with the understanding that if the project or program is oversubscribed or does not take place, the funds will be applied to other purposes at the discretion of the Board of Directors.

In respect for your privacy, your contact information is not passed along to any other organization. For more information or to request a copy of Shalom's most recent financial statement and current budget please call Ruby Stones, Executive Director at 403.342.0339.

Thank You for Caring

Funded by individuals, businesses and churches of Central Alberta and

Sylvan Lake Endowment Fund

